



Day 8: Here's the plan:

1.) Write down your 10+ daily gratitudes! (You're getting good at this now, right?) 😊
Anything that has happened or you've thought of in the last 24 hours.

2.) Yoga!

If you've never done yoga and don't have much time, simply do a couple poses, like lifting your arms up in the air, stretching your spine, breathe in deep, and then slowly bend forward and reach toward your toes as you breathe out. Hang there for a few breaths and then slowly lift yourself back up to reaching toward the sky again, breathing in, and then do it again a few times.

There's LOTS of videos on YouTube for yoga that range from only a couple minutes long to over an hour and in every level. I personally like some of the videos from "Yoga with Adriene" but you do whatever you'd like!

Inversions, where your head is down toward the ground, are especially good for anxiety and depression. These positions help to calm and relax you. Ones that are good for energy are chest openers, where you're pulling your arms back and opening up your shoulders and chest. For digestive health, anything that involves a twist is great. Do whatever feels good for you.

Yoga with Adriene: <https://www.youtube.com/user/yogawithadriene>